

ABSTRACT

THE EFFECT OF GARAA RUFA CARE ON THE QUALITY OF COMFORT IN ELDERLY WHO HAS PSORIASIS

QUASY-EXPERIMENT RESEARCH

By: Ahmad An Naufal

Psoriasis in the elderly affected the low quality of comfort. The low quality of comfort in elderly is caused by the physical, the psycho-spiritual, environmental and social. In the long period, the low quality of comfort can leads the recurrence risk of psoriasis. *Garaa Rufa Care* is an alternative intervention to increase the quality of comfort in elderly who has psoriasis. The aim of this research is to identify the effects of *Garaa Rufa Care* in improving the quality of comfort in elderly who has psoriasis at Folk House Surabaya, Pasuruan, Singipaadu Village and Wajak Village.

This research designed as quasy experiment which is use non-probability technique with total sampling method. This research's respondents consisted of 12 elderly people who have psoriasis and they were divided into experiment and control groups. The independent variable and variable dependent of *Garaa Rufa Care*, were the elderlies who have psoriasis. This research's instrument use the Short General Comfort Questionair (Short GCQ) and use Wilcoxon and Mann Whitney test with $\alpha < 0,05$ as its data analysis.

The results showed effects of *Garaa Rufa Care* in the quality of comfort ($p=0,027$) and there are low significant ($\alpha=0.16$). For the psychological effect, it had given "micro massage", for the physically, it had decrease PASI Score, for the social effect, it made the elderly do their activities independently and for environmental, it effected the elderly to get recognition from other.

Garaa Rufa Care Intervention can decrease psoriasis in elderly and improve the quality of comfort of them. The further research was expected to make similar research with more samples and taking observation after giving an intervention.

Keywords: Garaa rufa, psoriasis, quality of comfort, elderly